

A PAGE FOR WOMEN AND THEIR INTERESTS

LOCAL CHAT: HOME AND FASHION HINTS: RELIGIOUS AND OTHER ACTIVITIES: THINGS FEMININE

FRICASSEED POTATOES NOW TO BEAT CHICKEN TRUST

Mayor of Boston Says There Are 100 Ways to Cook Spuds

If you are a lover of fricasseed chickens, do not lament if the price of poultry goes up any more. Your favorite dish is still within your reach. Such an able exemplar of the benefits of a diet of potatoes as Mayor Fitzgerald, of Boston, advises today that housewives can combat the high cost of living and meats and poultry by dining on fricasseed potatoes.

Mayor Fitzgerald's experience with the "spud," the favorite article of diet of the representatives of the Emerald Isle, has made him familiar with the cooking of potatoes in one hundred different ways, the latest being the fricassee fashion. When he sprung that, even some of his best Irish friends were a little puzzled.

When the Mayor was asked how to fricassee a potato he said: "You fix Fitzgerald, of Boston, advises today that housewives can combat the high cost of living and meats and poultry by dining on fricasseed potatoes."

BRIEF LESSON IN DRESSMAKING

Inexpensive Negligees That Are Pretty

Bath robes, dressing gowns, breakfast jackets, plain and fancy kimono, all come under the head of negligees. They are all simple and easy to make, and if a becoming model is selected the garment is sure to be satisfactory when finished. Either light or heavy weight materials may be used for their development, and the goods may be as inexpensive or as costly and the trimming as plain or elaborate as the taste of the wearer dictates.

In these garments, with the exception of the bath robes, which are always plain, one's fancy may run riot without the least fear of criticism, for these dainty creations are lovely when some striking and individual feature is evident. One woman who always has a number of pretty negligees which if bought ready made would cost fabulous prices, confided that every inch of material in each of the gowns was bought at a bargain sale. Odds and ends of silk, which if purchased by the yard would cost three or four times what she paid for them, were picked up at ridiculously low prices from remnant tables. In these short ends there is hardly enough for a waist or a dress, but sufficient, when combined with lace and ribbon, to make a charming negligee.

However, it is the inexpensive and more practical negligee in which most women are interested, and for these, too, bargains may be had. If one can get a short length of fine lawn or gingham at the same price that an inferior piece would cost, if bought by the yard, why not take advantage of the opportunity?

The special weaves of crepe, both in cotton and silk, with backgrounds in

lovely Oriental colorings, sprinkled with cherry blossoms, wistaria and chrysanthemums, well deserve mentioning. These materials are comparatively inexpensive and launder beautifully, and the fact that they do not require ironing is much in their favor. Then there is silk mull, china silk and pongee, all of which make delightfully light, comfortable and durable negligees, says a Pittsburg Sun writer.

When making negligees the seams, whether of silk, cotton or woolen goods, are all made with the French fell, except when using very heavy materials such as are employed for bath robes. The seams of such goods are finished with a flat felt or they are pressed open and the edge bound with a narrow strip of sheer lawn or silk galloon.

Banding is a very popular finish for the neck, front and sleeves of kimono, and is usually cut from a contrasting material. It is applied as a facing. Sleeves are completed before they are sewed in and the arm holes are finished in the same way as those of a night gown. When yoke models are selected the lower portion and yoke are joined in the same way as they are in children's clothes.

Feather stitching and French knots are much used as a finish on all garments of this character, and add so much to the good appearance of the gown that it is well worth the extra time spent in doing this work. On the plainer garments intended for utility this hand work is usually arranged to outline the facing or banding, but on more elaborate creations it edges tucks, lace insertions and motifs.

HOUSEWIFE SUGGESTIONS

Directly tea is split on a tablecloth cover the stain with common salt. Leave for a little while and when the cloth is washed all stains will have disappeared.

When making pastry that is to be served cold, milk should be used for the mixing, and the pastry will keep short and crisp longer than if mixed with water.

Always put scrubbing brushes away with the bristle side down. If you lay the wooden side down the water left in the brush will soak into the wood and loosen the bristles.

For vinegar, save all peelings from fruit; boil in enough water to cover, strain and set aside unsealed to ferment. Rinse out all emptied jars and pour the rising into the vinegar jug. The vinegar will be a fine amber color, sharp and pure.

To clean black cloth or serge take a large handful of ivy leaves, steep like tea in boiling water, and leave until cold. Sponge the material with this infusion and it will be both clean and revived.

When cutting bread, turn the loaf upside down and you will find that you can cut thinner and more even slices.

Lemon peel should be pared off lemons very thinly. The pith under the yellow is bitter, and not used at all in cookery. Only the thin yellow rind and juice should be used.

To prevent artichokes from turning black when they are cooked, add a little vinegar to the water in which they are boiled. A teaspoonful will be sufficient for a small quantity.

If you want to color yellow rags for a rug do it when peach leaves may be used. Steep peach leaves and alum in water and dip white cotton rags into it and they will be the bright yellow so prized by the early-day weavers.

When washing cream wool or cotton goods, instead of using bluing, try putting the water in which a few onion skins have been boiled in the last rinsing water. This is much brighter and clearer than the cream color made by coffee, often used.

SOME GOOD DISHES CAKES MADE BY ARKANSAS WIVES

CODFISH AND CREAM.

In the preparation of codfish and cream there are two extremes to be avoided: you do not want mush, and you will not accept hard, salty lumps. By following the recipe here given, you will avoid the undesirable and secure a cheap but always desirable dish. If you use very dry fish it would be better to soak it before boiling.

Pick up into small pieces two cupfuls of salt codfish, being careful to remove all the bones. Wash in cold water and drain. Put in a saucepan, cover with cold water and let it come to a boil, then drain again. With the fish put 1-2 pints of fresh milk, thicken with two tablespoonfuls of flour stirred smooth in cold milk. When it boils remove from the fire, add a piece of butter the size of a hen's egg and serve.

DAINTY BOILED FISH.

A cod or haddock fish weighing five pounds should be boiled about 20 minutes. Take it out and flake it, removing all bones. Mix until smooth, two spoonfuls of butter and one of flour, add one-half pint of milk or cream (the latter is better), pour this over the fish and bake.

FISH RAMKINS.

Make one cup of white sauce from cream and water in which any nice white fish has been boiled, add salt and pepper, one beaten egg-yolk, two cups of cold fish flaked, put in buttered ramekin dishes, cover with buttered crumbs. Set ramekins in a pan of water. Bake. Garnish with a bit of watercress inside a ring of white of egg.

FINNAN HADDIE (DELMONICO STYLE).

Wash the fish and soak for half an hour in cold water, skin side up. Drain and cover with boiling water and let stand five minutes. Drain again carefully, remove the skin and bones and place the fish in a buttered serving dish. Pour over it a white sauce, cover with buttered crumbs and bake in a hot oven long enough to brown the top.

Clean as usual for roasting; after putting in the bread dressing, wrap the prepared fowl in a piece of cheesecloth and fasten it snugly. Steam steadily until it seems tender when the joints are dressed; this will take from two to four hours, according to the age of the bird. Should a brown finish be preferred, rub the flesh all over with soft butter, dredge with flour, place in a dripping pan in a very hot oven just long enough to color.

Twenty-five clams, one quart of water, three pints of milk, one-fourth teaspoonful of pepper, 1 tablespoonful of butter, six rolled crackers, one-half teaspoonful of salt. Check the clams and put them into a saucepan with the strained juice; add the water and let it come to the boiling point; skim it and add the milk, which has been heated. Boil for 10 minutes, then add the butter, seasonings and rolled crackers. Serve very hot.

COST OF LIVING

Some interesting figures showing to what an extent the cost of living has increased in recent years, are given in the monthly journal of the British Steel Smelters Trade Union, says a Monitor contributor. The table gives the cost of a weekly supply of certain groceries obtained by the family of one of the officials of the union from cooperative stores in the years 1900, 1904 and 1912. The total cost in June, 1900, amounted to 7s. 3d., and in April, 1904, to 7s. 8d., whilst in July, 1912, it had risen to as much as 9s. 3d., the increase in 12 years being thus 27 1/2 per cent. In considering these figures it should be noted that store prices in 1900 were slightly greater than those of private traders, whilst at the present day they are never higher and sometimes a little lower.

RAW POTATO RUBBED ON THE HANDS WILL REMOVE THE ODOUR OF ONIONS FROM THEM, EVEN THOUGH THE HANDS HAVE BEEN BATHED IN THE JUICE FROM PEELING THE LATTER VEGETABLE.

The housewives of Arkansas are famous for their good home-made cake, says the *Delmonico*, which gives these as some of their best recipes:

BLACKBERRY CAKE.—Beat to a cream two-thirds cupful of butter and 1-2 cupfuls of sugar. Add the beaten yolks of four eggs, two-thirds of a cupful of buttermilk into which has been stirred a teaspoonful of soda, two heaping cupfuls of flour, one cupful of blackberry jelly or jam, and a teaspoonful each of cinnamon, cloves and allspice. Lastly, add the stiffly-whipped whites of four eggs and bake in layers. For the filling, beat two eggs, add to one cupful of sugar a cupful of milk into which has been stirred a teaspoonful of cornstarch. Add a tablespoonful of butter, put in a double boiler and cook until a thick, smooth cream.

WHITE CAKE.—Cream two-thirds of a cupful of butter and two cupfuls of sugar. Add without stirring or beating the whites of five eggs, two-thirds of a cupful of cold water, three cupfuls of flour, one teaspoonful of vanilla. Beat until the batter is smooth. Bake either in layers or in one large loaf.

LIGHTNING CAKE.—Sift together one cupful of flour, one cupful of sugar and one level teaspoonful of baking powder. Into a cup one-third filled with melted butter break two eggs and fill the cup with sweet milk. Mix, bake and serve warm.

WHITE SURPRISE CAKE.—Cream 1-2 cupful of flour with one-half cupful of butter. Have ready the whites of two eggs beaten lightly, one pint of water, two cupful of flour sifted five times. Beat water or milk into the creamed butter and sugar in portions alternately with the flour, adding two teaspoonfuls of baking powder to the last portion of flour. When light, add the egg-whites and flavor, but do not beat. Bake immediately in a long sheet; cut in halves and put together with an icing made of 1-2 cupful of water. Cook until it threads. Beat at once into the well-beaten whites of two eggs until cold and thick.

LEMON CREAM.—Take two heaping tablespoonfuls of corn-starch and dissolve in one pint of cold water. Add one pint of boiling water. Set on the stove and let it come to a boil, then add the beaten yolks of three eggs mixed with one cupful of sugar and the grated rind and juice of two lemons. Remove from the stove and add the stiffly beaten whites. Beat until very fluffy and chill.

CREAM SHERBET.—One pint of rich cream, 1-2 pints of good rich sweet milk, the juice of five lemons, one pint of sugar. Mix the lemon-juice and sugar and let stand for at least two hours, stirring often. Put the cream and milk in freezer and turn for six or seven minutes, or until thoroughly chilled. Then stir in the lemon juice and sugar. Freeze until hard.

THE NEGLIGEE OF TURKISH BATH TOWELING

Cleanest and most sanitary of bedroom negligees is the robe of sponge or Turkish bath toweling and the only wonder is that no practical woman ever before thought of using that familiar material. In the piece, the towel is so wide that unless one is of abnormal proportion, she needs but two lengths of the fabric for her robe which may be of the kimono shape with sleeves cut-in-one and front opening from throat to feet, or of the Egyptian form, also with cut-in sleeves, but going on over the head and closing from the throat across the shoulders and half way down the arm. In the latter style the robe is not so easily laundered, but it is the more

HEALTH AND BEAUTY

Raw potato rubbed on the hands will remove the odor of onions from them, even though the hands have been bathed in the juice from peeling the latter vegetable.

The teeth may be kept in excellent condition by the regular use of a tooth powder made of myrrh, one ounce;orris root, three ounces, and powdered cuttlefish bone, four ounces.

Vinegar will keep the hands white and smooth and prevent chapping when exposed to the cold air after washing in hot and soapy water. Before drying the hands rub over them a teaspoonful of vinegar, and the result will be satisfactory.

Wash the hair with pure castile soap and water, and massage the scalp night and morning. Bay rum or toilet water of any sort is not a good thing to rub directly on the hair. If it is desired to perfume the hair a much better means is to brush sachet powder through it.

Lemon juice and water taken before breakfast form an excellent tonic for the stomach, and also a good reducing agent for those inclined to be too stout. Instead of adding sugar try increasing the amount of water, as this will relieve the extreme sourness and gradually accustom one to the acid taste. They by degrees you can lessen the amount of water.

In using cold cloths on the head for headache or nausea, see the cloths are thin and light; three or four thicknesses of cheesecloth or two folds of light muslin is much more effective than a thick, heavy band, as the effect wanted is to cool the head by evaporating the heat, and the thin cloths allow the heat to pass off with the evaporating water, and should be renewed frequently to hasten the cooling.

People ought to know that a good thing is to eat apples just before retiring for the night. Persons uninitiated in the mysteries of the fruit are liable to throw up their hands in horror at the visions of dyspepsia which such a suggestion may summon up, but no harm can come even to a delicate system by the eating of ripe and juicy apples before going to bed. The apple is excellent brain food, because it has more phosphoric acid in easily digested shape than any other fruit. It excites the action of the liver, promotes sound and healthful sleep and thoroughly disinfects the mouth. This is not all; the apple prevents indigestion and throat diseases.

Easy Missus—I see you broke my china plate in two. The Cook—This is my lucky day; I generally have to gather the pieces in a dustpan.—Chicago News.

Uncle Jackson (showing city boy the farm)—With all your city education, sonny, I'll warrant you don't know which side you milk a cow from? The Boy—Sure, I do. It's the under side!—Puck.

IF HER TEETH ARE PINK, WED HER, ADVISES DENTIST

If Dull and Chalky, She Loves but Your Money, He Says

Prospective Benedicts, listen. Do you wish to know whether your bride-to-be is the most loving of women? Would you like to determine whether she accepted you for your money, if you have any, or your salary envelope? Certainly. Well, then, gently lift up her upper lip and pull down her lower one, as they do with horses, and examine her teeth. If they are chalky take the express train for good wives. Kalamazoo or Squedunk, because well if they would have their sweet-she'll never amount to anything in hearts' teeth examined before marriage the matrimonial market. But if they are pink, run with her to the altar in-chalky teeth are not prone to love medately. The pink teeth girls make and will not as a general thing make the best wives.

This new and interesting knowledge. It would seem that the best course has been imparted to humanity by a young man to pursue when he Dr. Jacob S. Wells, of Fargo, N. D., has doubts about the sincerity of his delegate to the National Dentists' convention is to have a dentist examine the teeth of his prospective bride. He found that this sweet-men about to marry have a dentist heart had chalky teeth and that she examines the teeth of their prospective loved one for his money. These are brides and get a minute report on scientific facts. The disposition of whether the molars are chalky or a person can also be determined by pink. Through this examination they the formation of his teeth. If you see will be able to determine whether the person with square, white, clear girl is strong willed, loving and gen-teeth the chances are he or she will erous, and, in fact, have her whole have a strong character and will come character revealed.

This advice, it is admitted, is of no value to married men, because they are able to tell by their experience whether their wives have pink of chalky teeth without looking at them. It is intended merely as another warning to save the inexperienced from being trapped in matrimonial meshes by one whose characteristics can lead only to unhappiness.

Speaking on the subject, Dr. Wells said:

"Girls with pink tinted teeth have a loving disposition, and will make a loving report on scientific facts. Young men would do well to have their teeth examined before marriage. Girls who have dull, are pink, run with her to the altar in-chalky teeth are not prone to love medately. The pink teeth girls make and will not as a general thing make the best wives."

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CLOTHES OF THE SCHOOL GIRL

The tailored suit, or its counterpart, the long coat, is the first consideration for the school girl who desires a good looking out-door costume to be worn on gala occasions, and whether it be suit or wrap is left to her discretion. For the very young girl the Norfolk suit of the shepherd's plaid is undoubtedly chic, says the New Orleans Picayune. The skirt may be made in combination with a blouse of the same material serving as a one-piece frock when the coat is removed.

The older girl will want a more elaborate affair though a well-tailored three-piece suit will serve her purpose admirably. If the long coat is chosen any style of frock may be worn beneath, suiting the occasion. The covert coat is a new development of the long wrap, this coat is generally in three-quarter length. A new model is 23 inches in front tapering to a 42-inch point in back, it is straight and almost seamless with a kimono sleeve set into an extended shoulder, the sleeve in three-quarter length and finished with a deep cuff.

The moderately wide revers extend to the waist line where the coat fastens with a frog. With this costume a simple yet dressy hat will be worn, a hat which will stand the vicissitudes of several months wear "for best" end will look little the worse for it.

neck and sleeves with heavy white cotton cordage and closing it down the front or over the shoulders with a row of large wooden buttons covered with white eponge.—Chronicle.

NEWEST IN FACE VEILS

Rosebuds, violets and clover run riotously, but in self-color, over the new veils in black, mid-night blue and dark brown octagon net of the flimsiest sort. These veillings are vastly becoming and in excellent taste because the design while distinct is not heavy. Patterns of the lovely shadowy order also are in high favor. These appear upon the octagon meshes and are pretty in the standard black, blue and brown, but most fetching and becoming in cafe au lait shade—a tone which flat-

A hat of broad brimmed velours turned sharply up at the left side with a huge ribbon dahlia in a shade contrasting with the velours. Or a close fitting affair of velvet with a single white cockade as trimming will serve the purpose. Suitable gloves, a pair of heavy dark ones and one pair of white will be required as well as high buttoned shoes.

The school room requires a costume of its own. Here the skirt and separate blouse can be worn, but a simple, smartly tailored frock will be a welcome addition. A neat design for this frock is of seal brown serge made to fasten from the coat like revers to the hem, slightly at the left side of the front, with large buttons covered with the material. The sleeves are long and set without fullness into the armhole and finished with cream linen cuffs, a collar of the same finishes the neck and adds the necessary light bit to an otherwise sober frock.

About the waist various belts may be worn to add variety, while stout tan shoes will complete the costume. The small girl in the boarding school will find the blue serge skirt and Norfolk or middy blouse a boon. The present fashions admit of many adaptations of this convenient costume, all of which are usually suitable and becoming.

any sort of complexion and, broadly speaking, may be worn with any sort of hat but the one designed for rough and ready use.

The woman who is wise in her generation and not in mourning, provides herself with a dark blue face veil of flimsiest net for that shade over the face seems to hide the lines or wrinkles and to deepen the color of the eyes whether blue, gray or brown.

For motoring at this season, the best veil is the Shetland in a shade of dull red or brown as this protects the face and prevents the complexion from burning, while it admits plenty of air. But for ordinary traveling the white silk Shetland is best for it keeps the hair from blowing and even though it picks up any amount of dust, may be washed in a hand basin and dried in a very few moments.

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